



## **FBF Quick & Tasty Easy Meal Kits**

Enjoy restaurant quality meals, your way whenever & wherever you want in minutes.

These quick & tasty easy meal kits are made in-house using the best produce & ingredients with no artificial colour, flavour and chemical preservatives. They are made with quality, authenticity and a simplified reheating process in mind which make them super-easy to prepare. Just reheat, add your preferred proteins & veggies, and eat. No further seasoning is generally required.

They are also gluten-free and can be kept frozen for several months perfect for those nights you just want something fast, delicious, and comforting meals.

## **Authentic Thai Green Curry Sauce**

The most well-known and a crowd favourite Thai curry. Our authentic Thai green curry sauce is made with our classic Thai green curry paste, 12 hours simmered chicken stock, natural seasonings, and pure coconut cream. Great for any type of meats, seafood as well as mushrooms, tofu, or any vegetables.

The whole tub of our classic green curry sauce will require about 1 kg combined weight or thereabout of your preferred proteins & vegetables. The finished curry should yield about 2-3 serves.

## **How To**

To reheat from frozen, open the lid of the green curry sauce container but leave it ajar and put it in the microwave, using high heat for a few minutes. Then pour the green curry sauce into a small pot or saucepan and put it on the stove. Using low - medium heat, bring it to gentle boil.

Once boiled, taste and adjust the taste to your liking.

\*We seasoned our curry sauces to the traditional authentic taste. If you like your curry sauce to be a little bit thinner or the flavour to be less intense, simply add more coconut cream, stir gently to mix it through, taste once more. Then bring it to gentle boiled again. No other seasoning is generally required.

After that add you preferred protein/s and using medium heat to cook the protein for about 5 -7 minutes or until the protein is almost cooked through. Then add the vegetables (cut them into smaller pieces before adding to the curry) and continue to cook until the protein & vegetables are done. Serve it with saffron coconut rice, jasmine rice, or rice noodle.



## Chiang Mai (Khao Soi) Yellow Ginger Curry Sauce

This **vegetarian friendly** aromatic Northern Thai curry is also known as Khao Soi or Thai Laksa. It is made with our special Khao Soi curry paste featuring special type of dried chillies, fresh ginger & turmeric as well as rare Thai round cardamoms & unique spice blend. Great for any type of meats, seafood, mushrooms, tofu, or any vegetables. It can be served as stand-alone saucy curry or accompanied with any type of rice or noodle.

The whole tub of our Chiang Mai Khao Soi curry sauce will require about 1 kg combined weight or thereabout of your preferred proteins, noodles & vegetables. The finished curry should yield about 2-3 serves.

### How To

To reheat from frozen, open the lid of the Khao Soi curry sauce container but leave it ajar and put it in the microwave, using high heat for a few minutes. Then pour the Khao Soi curry sauce into a small pot or saucepan and put it on the stove. Using medium heat, bring it to gentle boil.

Once boiled, taste and adjust the taste to your liking.

\*We seasoned our curry sauces to the traditional authentic taste. If you like your curry sauce to be a little bit thinner or the flavour to be less intense, simply add more coconut cream, stir gently to mix it through, taste once more. Then bring it to gentle boiled again. No other seasoning is generally required.

After that add you preferred protein/s and using medium heat to cook the protein for about 5 -7 minutes or until the protein is almost cooked through. Then add the vegetables (cut them into smaller pieces before adding to the curry) and continue to cook until the protein & vegetables are done. Serve it with saffron coconut rice, jasmine rice, or freshly cooked noodles.



## **Traditional Coconut Tom Yum Soup**

This tom yum soup is based on our family recipe. It is a richer type of tom yum with complex flavour which benefits from our very own fragrant chilli jam. It has been pre-seasoned to the traditional taste. No further seasoning apart from adding freshly squeezed \*lime juice towards the end of your cooking is generally required.

The whole tub of our traditional coconut Tom Yum soup will require about 1 kg combined weight of your preferred proteins, mushrooms, or tofu & vegetables plus some herbs. The finished Tom Yum soup should yield about 2-3 serves.

### **How To**

To reheat from frozen, open the lid of the Tom Yum Soup base container but leave it ajar and put it in the microwave, using high heat for a few minutes. It should be defrosted a bit. Then pour the tom yum soup base into a small pot or saucepan and put it on the stove. Using low - medium heat, bring it to gentle boil. Once boil reduce the heat slightly and add your preferred protein.

Let it cook for about 5-7 minutes, then add the mushrooms if using. Once the protein & mushrooms are cooked, turn the heat down to very low, \*add lime juice & fresh or dried chilli if using, taste, and adjust to you preferred taste. Then add the herbs like mint (tear or crush the leaves first) & coriander leaves. Turn the heat off. It is now ready to serve.

## **Saffron & Coconut Rice**

### **How To**

Put the saffron & coconut rice into a heat proof bowl or stainless-steel bowl and put it in the steamer. Steam (after the water is boiled) for about 5-7 minutes. This is a preferred reheating method as it will gives you fluffier rice, but you can also warm the rice up using microwave on medium to high heat with the lid ajar for about 4-5 minutes.